

**IN THE CLAIMS:**

The following listing of claims will replace all prior versions and listings of claims in the application:

1. (Currently Amended) A method for setting heart rate limits in an exercise, including comprising:

inputting a heart rate limit for the exercise;

measuring the user's heart rate during the exercise; and

changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise, the change criterion comprising at least one of the user's stress level, heart rate during exercise, momentary energy consumption, and cumulative energy consumption.

2. (Canceled)

3. (Original) A method according to claim 1, wherein the heart rate limit is changed on the basis of a predetermined change function.

4. (Original) A method according to claim 3, wherein the predetermined change function is a linear model, an exponential model or a quadratic curve.

5. (Currently Amended) A method ~~according to claim 1, further including for setting heart rate limits in an exercise, comprising:~~

inputting a heart rate limit for the exercise;

measuring the user's heart rate during the exercise;

changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise;

determining a lower heart rate limit and an upper heart rate limit for the exercise;

carrying out heart rate monitoring by monitoring that the heart rate remains within a heart rate zone that is above the lower heart rate limit and below the upper heart rate limit; and

carrying out the changing of the heart rate limits by changing the extent of the heart rate zone between the lower and the upper limit.

6. (Currently Amended) A method according to claim 5, further ~~including~~ comprising:

carrying out the changing of the heart rate by reducing the extent of the heart rate zone between the lower and the upper limit as the heart rate level rises.

7. (Currently Amended) A method according to claim 1, further ~~including~~ comprising:

inputting a lower heart rate limit, target heart rate and exercise duration to serve as initial exercise data; and

raising the heart rate limit at predetermined intervals during the exercise to allow the target heart rate to be achieved.

8. (Currently Amended) An arrangement for measuring heart rate, ~~including~~ comprising:

means for inputting a heart rate limit for an exercise;

means for measuring the user's heart rate during the exercise;

means for changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise; and

means for estimating the user's stress level, wherein the user's stress level serves as the predetermined change criterion.

9. (Currently Amended) An arrangement according to claim 8, the arrangement further ~~including~~ comprising:

means for measuring the duration of the exercise[[: and]], wherein the duration of the exercise serves as the predetermined change criterion.

10. (Canceled)

11. (Currently Amended) An arrangement ~~according to claim 8~~ for measuring heart rate comprising:

means for inputting a heart rate limit for an exercise;  
means for measuring the user's heart rate during the exercise; and  
means for changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise, wherein the heart rate during the exercise or a heart rate variable derived from the heart rate serves as the predetermined change criterion.

12. (Currently Amended) An arrangement ~~according to claim 8~~ for measuring heart rate, the arrangement ~~further including~~ comprising:

means for inputting a heart rate limit for an exercise;  
means for measuring the user's heart rate during the exercise;  
means for changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise; and  
means for estimating the user's energy consumption[[: and]], wherein the energy consumption during the exercise serves as the predetermined change criterion.

13. (Original) An arrangement according to claim 8, wherein the changing means are configured to change the heart rate limit in accordance with a predetermined change function.

14. (Original) An arrangement according to claim 13, wherein the predetermined change function is a linear model, an exponential model or a quadratic curve.

15. (Currently Amended) An arrangement ~~according to claim 8~~ for measuring heart rate, [[wherein]] comprising:

means for inputting a heart rate limit for an exercise;  
means for measuring the user's heart rate during the exercise; and  
means for changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise, wherein the inputting means are configured to receive as input data a lower heart rate limit, the heart rate zone above which limit is the zone where the heart rate is to be kept, and an upper heart rate limit, the heart zone below which limit is the zone where the heart rate is to be kept[[:]], and wherein the changing

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means are configured to change the extent of the heart rate zone between the lower and the upper limit.

16. (Original) An arrangement according to claim 15, wherein  
the changing means are configured to change the extent of the heart rate zone  
between the lower and the upper limit on the basis of a change criterion.

17. (Original) An arrangement according to claim 8, wherein  
the inputting means are configured to receive the lower heart rate limit, the target  
heart rate, and the duration of the exercise as input data for the exercise; and  
the changing means are configured to raise the heart rate limit during the exercise  
at predetermined intervals to allow the target heart rate to be achieved.